

Wellness Workshop Series
Thursdays during Protected Hour
All Workshops will be held remotely using Teams

**Suicide
Prevention
Training**

Thursday February 18th
11:45-12:45

**Technology for
Mental Health**

Thursday March 4th
11:45-12:45

Self-Care

Thursday April 8th
11:45-12:45

**Stress
Reduction**

Thursday May 6th
11:45-12:45



All workshops will be held remotely using Microsoft teams. You will receive sign-in info once you have registered for the workshop. Due to licensure, you must be located in state of Illinois.

Contact The Wellness Center to register
Call 630-617-3560
Email Tamar Levinson
tamarl@elmhurst.edu